

Tips for Walking Faster

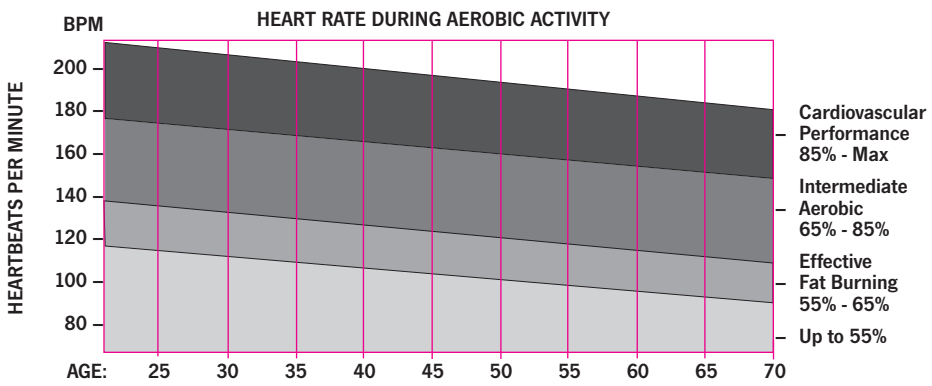
- Use good posture. Walk tall, gazing about 20 feet ahead. Your chin should be level and your head up.
- Keep your chest raised and shoulders back and relaxed.
- Bend your arms slightly less than a 90-degree angle. Cup your hands gently. Swing arms front to back; not side-to-side, not crossing in front of the body and not higher than your sternum.
- Tighten your abs and buttocks. Flatten your back and tilt your pelvis slightly forward.
- Imagine you are walking along a straight line. Resist the urge to elongate your steps. To go faster, take smaller, faster steps.
- Push off with your toes. Concentrate on landing on your heel, rolling through the step and pushing off with your toes. Use the natural spring of your calf muscles.
- Breathe naturally. Take deep, rhythmic breaths.

Common Walking Mistakes

- Try not to:
- Overstride
 - Swing arms too vigorously
 - Look at the ground
 - Hunch your shoulders
 - Carry hand weights or use ankle weights

“We live in a fast-paced society. Walking slows us down enough to let us stop and smell the roses.”

— ROBERT SWEETGALL



Know Your Heart Rate

The American Heart Association stresses the importance of proper pacing during exercise, especially if you are just beginning a walking routine. Measure your heartbeats-per-minute (pulse) periodically throughout your walk, and try to stay between 50 and 75 percent of your maximum heart rate. In general, your maximum heart rate is about 220 minus your age.

Walk Rockville... but walk smart!

- Consult your physician before starting any exercise program
- Stop immediately and get help if you feel ill
- Start slowly and build intensity and duration as your fitness level increases
- Monitor your intensity. While walking you should be able to carry on a conversation without struggling.
- Be constantly aware of your environment and walk with a ‘buddy’
- Educate yourself on the importance of proper hydration, temperature control and proper fitness intensity levels

DID YOU KNOW?

The number of overweight preschoolers has doubled since 1980. Only 25 percent of high school students engage in 30 minutes of moderate activity five days per week according to the U.S. Department of Health & Human Services.



Health & Fitness Resources:

www.fitness.gov • www.walking.about.com • www.americanheart.org • www.cdc.gov
• www.5aday.com • www.diabetes.org • www.cancer.org • www.nih.org •
www.shapeup.org • www.nrpa.org • www.kidnetic.com



Produced by the City of Rockville’s Department of Recreation and Parks

A special thank you to our “Step Up To Health” sponsors for helping to make the “Walk Rockville” program a success:



DID YOU KNOW?
If most American citizens adopted a daily routine of brisk walking, the results would be a savings of billions of dollars in healthcare costs according to the U.S. Center for Disease Control (CDC).

Walk Rockville Starter Kit
If you would like to use a pedometer to track your steps or miles, the City of Rockville’s Department of Recreation and Parks is offering a “Walk Rockville” starter kit that includes a pedometer, a “Step Up to Health” T-shirt and wristband, maps, monthly log sheet and important fitness information about the Walk Rockville program. To purchase your kit, stop by City Hall, the Swim Center, the Senior Center, Croydon Creek Nature Center or Twinbrook and Lincoln Park Community Centers. The kit costs \$10.



Walk Rockville

Have fun walking around your hometown! People who are seeking ways to become more active often overlook the most basic of all exercise...**walking!** It is easy, convenient, free and takes as much or as little time as you want. The City of Rockville is challenging residents to “**Step Up to Health**” by participating in a City-wide walking program. 14 walking routes have been designated around local schools, parks, neighborhoods and businesses so you can take advantage of “**fitness at your doorstep**.” Each route is one- to two-miles long and is easy to follow with the enclosed maps. Larger maps are available online at www.rockvillemd.gov/stepup.

DID YOU KNOW?

Adults should get at least 30 minutes of moderate-intensity activity (such as brisk walking) five days per week to produce long-term health benefits according to the American College of Sports Medicine.

“Few factors contribute so much to successful aging as regular physical activity and it’s never too late to start.”

— TOMMY G. THOMPSON, SECRETARY, U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Getting Started:

Unless you choose to submit your steps/miles walked as part of the City’s “Walk Rockville” challenge, *there is no need to register.*

1. Explore your own neighborhood or pick one of the 14 “Walk Rockville” paths.
2. Use the “Walk Rockville” log sheet to record the number of steps or miles you have logged on your pedometer. (Log sheets available online at www.rockvillemd.gov/stepup and in the Starter Kit.)
3. Submit your monthly “Walk Rockville” log sheet online or by dropping off at City Hall or mailing to: City of Rockville, c/o Walk Rockville Program, 111 Maryland Avenue, Rockville, MD 20850.
4. A “Walk Rockville” City-wide tally will be announced during Hometown Holidays on Memorial Day weekend. Awards will be given to various schools, businesses, neighborhoods and age groups with the most steps/miles walked.

Sign-up now and be a part of a healthier City... and a healthier **YOU!**

“We’ve got plenty of science to tell us what we need to do — get moving!”

— RICHARD CARMONA, SURGEON GENERAL OF THE UNITED STATES.

Physical Activity helps to:

- **Control** weight
- **Control** blood pressure
- **Reduce risk** for Type 2 diabetes
- **Reduce risk** of heart attack
- **Reduce risk** of colon cancer
- **Reduce symptoms** of depression and anxiety
- **Reduce** arthritic pain
- **Prevent** osteoporosis and falls

So what are you waiting for? Walk out the door!

How Active are YOU?

Wearing a pedometer daily will help you realize how much or how little movement you get in a day. Remember: 2,000 steps = approximately 1 mile.
Active = 10,000 steps (5 miles) per day. **Moderately Active** = 5,000 to 7,000 steps (2.5 - 3.5 miles) per day. **Inactive** = 900 to 3,000 steps (.5 - 1.5 miles) per day